

Sam's Club

WHOLE30 SHOPPING GUIDE



ADDITIVE CHEAT SHEET FOR A

Whole30 Human

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COMPLIANT

Potato Starch
Pectin
Ferrous Gluconate
Calcium Chloride
Citric Acid
Guar Gum
Potassium Sorbate
Lactic Acid
Natural Flavor
Triphosphosphate
Naturally occurring sulfites
Phosphoric acid
Polysorbate 80
Potassium Lactate
Ascorbic Acid
Sodium Alginate
Sodium Benzoate
Sunflower Oil in moderations
Xanthan Gum
Beta-Carotene
Calcium Carbonate
Yeast Extract

NON-COMPLIANT

Carrageen
Corn Starch
Caramel Color
Monosodium Glutamate
Soy Lecithin
Sulfites
(Sulfur Dioxide, Sodium Bisulfite,
Potassium Metbisulfate)
For more information visit the
Whole30.com resource page.

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PANTRY

Member's Mark Jalapeno + Garlic Olives
Member's Mark Whole Artichoke Hearts
Member's Mark Organic Marinara Sauce
Member's Mark Canned Atlantic Salmon
Member's Mark Green Beans
Member's Mark Organic Bone Broth
Member's Mark Solid White Albacore Tuna
Member's Mark Premium Chunk Chicken Breast

PANTRY

Thai Kitchen Coconut Milk
Member's Mark Tomato Paste
Member's Mark Tomato Sauce
Hunts Diced Tomatoes
Franks Hot Sauce
Extra Light Olive Oil
Extra Virgin Olive Oil
Avocado Oil
Swanson Chicken Broth

SEAFOOD

Daily Chef Uncooked Jumbo Shrimp
Daily Chef Cooked Shrimp
Member's Mark Haddock
Member's Mark Sockeye Salmon
Member's Mark Flounder
Member's Mark Tilapia
Member's Mark Ahi Tuna
Wild Pacific Cod Lions

MEAT

Top Sirloin Steaks
Beef Chuck Roast
Flank Steak
90/10% Ground Beef
Stew Meat
New Zealand Ground Lamb
Member's Mark Frozen Sirloin Burgers
Pork Chops
Pork Tenderloin
Jennie O Ground Turkey

POULTRY

Farmer's Market Whole Chickens
Farmer's Market Chicken Breast
Farmer's Market Chicken Thigh Meat
Farmer's Market Chicken Breast Tenders
There are more compliant chicken, read your labels
A lot of locations are beginning to carry carrageen
in their frozen and fresh poultry.

MUST HAVES

Cage Free Eggs
Member's Mark Pre-Cooked Shredded Pork
Cuisine Solution Sliced Turkey Breast
Cuisine Solution Sliced Beef Sirloin
Del Duca Prosciutto
Wholly Guacamole
Member's Mark Coconut Oil
Member's Mark Almond Butter
Rob's Red Mill Almond Flour
Fresh Salsa/Palin + Cilantro

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FRUIT

All Fresh Fruit Compliant
Pom Poms Wonderful Seeds
GoGo Squeeze Applesauce
Member's Mark Applesauce
Member's Mark Mandarin Oranges
Members Mark Frozen Blueberries
Daily Chef Frozen Triple Berry Blend
Welpict Sliced Frozen Strawberries
Buddy Fruits
Frozen Fruit-always read labels

VEGGIES

All Fresh Produce Compliant
Taylor Cauliflower Pears
Frozen Daily Chef Green Beans
Frozen Northwest Veggie Blend
Frozen Daily Chef Broccoli
Flavor Bomb Tomatoes
Little Potato Dynamic Duo
Avocados
Sweet Potatoes

VEGGIES

All Fresh Produce Compliant
Taylor Shredded Lettuce
Taylor Coleslaw Mix
Fresh Green Beans
Mushrooms
Squash/Zucchini
Sweet Peppers
Spinach
Raw Vegetable Melody

SPICES

Make sure to always read your labels
Most all of the Organic Members Mark Seasonings are compliant
Members Mark Tone has A LOT that are compliant but there are a few that contain sugar. MAKE SURE TO READ YOUR LABELS.

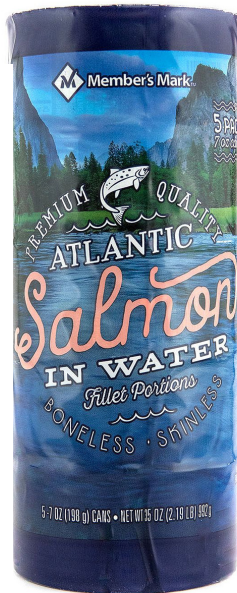
NUTS

There are a lot of complaint nuts here
Make sure to always read your labels
Wonderful Pistachios
Wonderful Raw Almonds
Members Mark Pecans
Members Mark Almonds
Members Mark Slivered Almonds
Members Mark Walnuts

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BEEF/PORK/LAMB

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90/10% Ground Beef



Pork Lion



Top Sirloin



Chuck Beef Roast



Flank Steak



Pork Chops



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CHICKEN/TURKEY

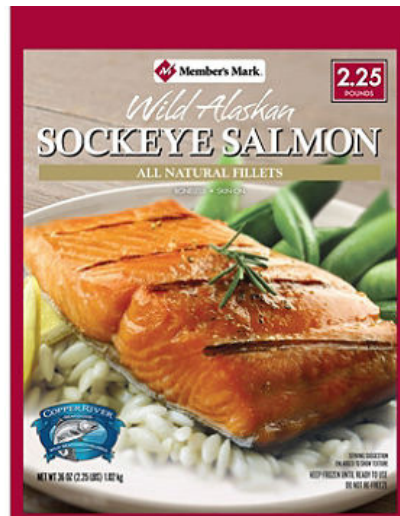
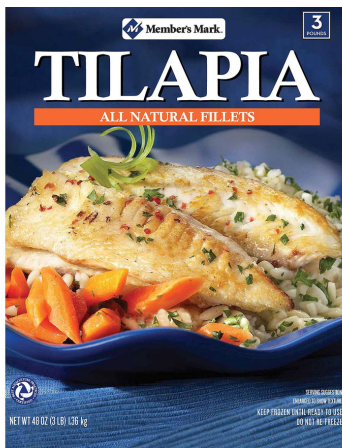
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SEAFOOD

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PANTRY

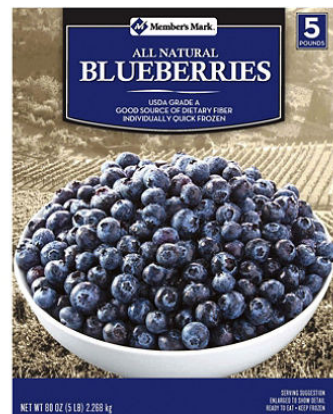
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FRUIT/SAUCES

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MUST HAVES

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VEGGIES

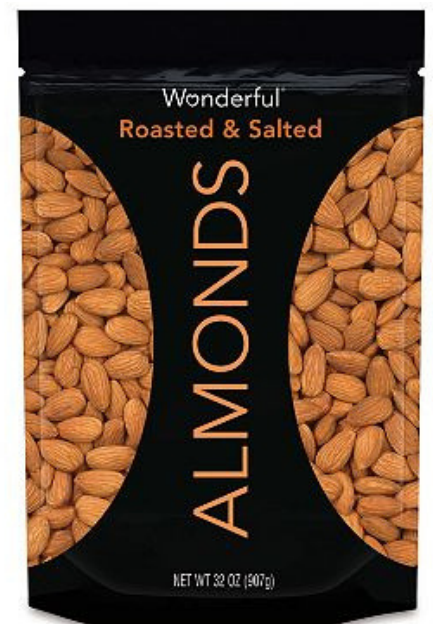
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NUTS

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SPICES

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